



Summary of Changes Report – May 2009

Diagnosis and Management of Type 2 Diabetes Mellitus in Adults

Algorithm, Clinical Highlights, Annotations

Algorithm:

- 1) Removed the wording of prediabetes from algorithm 1.
- 4) Added the following language to algorithm 4: to prevent or delay the progression to diabetes.
- 10) Added weight management as a topic for education and self-management.
- 11) Added new box to set a personalized A1c goal.
- 11a) Reordered and clarified factors to consider.
- 12) Added a decision point to ask if the person has known cardiovascular disease.
- 13 & 14) split into two decision boxes based on patients know cardiovascular disease, added goals around LDL.

Scope and Target population: added age 18 and older.

Annotations:

- 1) Moved risk factors for diabetes from evaluation of patients with elevated glucose to diagnostic testing for diabetes.
- *4) New Conclusion Grading worksheet developed on prediabetes.
- *10) Updated and clarified nutrition therapy section.
Added information on hypoglycemia and physical activity.
Updated physical activity recommendation.
Added weight management section.
- *11) Updated recommendation on A1c to personalized A1c based on complex patient factors. Added new references from ACCORD, ADVANCE, VADT and UKPDS trials. Updated Conclusion Grading worksheet on A1c.
- *13,14) Treatment recommendations split into two categories depending on patient's cardiovascular risk.
Updated Conclusion Grading worksheet on Statins, added the following new references, Sever, 2005, Shepherd, 2006, Settergren, 2008, Fleg, 2008, Ferrer-Carcia, 2008, Leiter, 2008; Howard, 2008; Newman, 2008, Malmstrom, 2009, Knopp, 2006.
Updated Conclusion Grading worksheet on Aspirin use.
Updated tobacco Use/ Smoking section.
- *16) Recommended a self administered instrument such as the PHQ-9 for evaluation of depression.
Added vascular specialist/surgeon as a possible specialist to refer to.

- *20) Deleted statement regarding availability of human insulin; updated cost for Lispro, updated duration of action for Detemir; deleted bullet points on Glargine and Detemir.
- *22) Drug Tables:
 - Metformin: changed dollar sign for regular release and disclaimer that the product is available regionally for less. Added safety statement around renal function and metformin.
 - Meglitnidfes: added maximum dose per day for nateglinide.
 - Thiazolidinediones: clarified statement on rosiglitazone cardiovascular safety concerns.
 - Combination Products: added a new row for TZD and sulfonylurease; updated dollar amounts for some of the drugs.
- *25) Clarified language for insulin as an adjunct to oral therapy and insulin alone.

Changed compliance to adherence, change blood sugars to glucose and HBA1c to A1c throughout document.

Appendices:

Appendix A - Treatment of Diabetic Nephropathy: made minor changes for clarity.

Priority Aims & Suggested Measures, Measurement Specifications

Clarified the types of measures which can be used for quality improvement. Ultimately measures should be personalized to the patient. Four types of measures were included: Optimal Care Measures; Optimal Care Comprehensive Measures; Process of Care Measures; & High Risk Population Measures.

Support for Implementation

No changes.

**An asterisk indicates any changes in clinical practice recommendations*